

## Patent claims

- 1) A cholesterol-reducing and triglyceride-reducing food comprising at least one carob product and at least one n-3 fatty acid.  
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- 2) The agent as claimed in claim 1, wherein the carob product is carob fruit flesh or a product produced from carob fruit flesh.  
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- 3) The agent as claimed in claim 1, wherein the carob product is carob fiber.
- 4) The agent as claimed in claim 3, wherein the carob fiber is insoluble in water.  
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- 5) The agent as claimed in one of claims 1 to 4, wherein the n-3 fatty acid is a polyunsaturated fatty acid having a chain length > C12 having at least two double bonds, or its ester, triglyceride, phospholipid, glycolipid, sphingolipid, wax or sterol ester.  
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- 6) The agent as claimed in claim 5, wherein the first of the at least two double bonds starting from the alkyl end is constituted between the carbon atoms C3 and C4.  
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- 7) The agent as claimed in claim 5 or 6, wherein the n-3 fatty acid is selected from one or more of the following substances: all-cis-9,12,15-octadecatrienoic acid (ALA), all-cis-6,9,12,15-octadecatetraenoic acid, all-cis-11,14,17-eicosatrienoic acid, all-cis-8,11,14,17-eicosatetraenoic acid, all-cis-5,8,11,14,17-eicosapentaenoic acid (EPA), all-cis-  
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13,16,19-docosatrienoic acid, all-cis-7,10,13,16,19-docosapentaenoic acid (DPA) and all-cis-4,7,10,13,16,19-docosahexaenoic acid (DHA).

- 5      8)    The agent as claimed in claim 7, wherein the n-3 fatty acid is all-cis-4,7,10,13,16,19-docosahexaenoic acid (DHA).
- 10      9)    The agent as claimed in one of claims 5 to 8, wherein the n-3 fatty acid is not derivatized.
- 15      10)   A cholesterol-reducing combination preparation comprising at least one carob product and at least one n-3 fatty acid in separate administration forms.
- 20      11)   A method for producing an agent as claimed in one of claims 1 to 9, which comprises mixing at least one carob product and at least one cholesterol-reducing active compound with one another.
- 25      12)   The use of an agent as claimed in one of claims 1 to 9 as drug.
- 30      13)   The use as claimed in claim 12 as cholesterol-reducing drug.
- 35      14)   The use as claimed in claim 12 for the prophylaxis of hypercholesterolemia, hyperlipidemia or arteriosclerosis.
- 15)    The use as claimed in claim 12 for the positive shifting of the HDL/LDL ratio.
- 16)    The use of an agent as claimed in one of claims 1 to 9 for additional supply with n-3 fatty acids.

- 18 -

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